



AN
INVITATION

To the Seekers

&

Awakening Hearts



My name is Isa Kara



I am a Sophianic Shamanic Practitioner with 20+ years of study and initiation.

I work with the energy body to clear inherited pain, activate inner knowing & self-reclamation, restoring energetic harmony and clearing the blocks and barriers of being held in the repeating patterns of karmic wounds.

I work as a conduit of Sophia Ennoia and the Original Mother Lines, anchored with support from the Elephant Songlines of the land where my practice and home are rooted.

Learn more about my work

[The Alchemy Movement](#)

I am opening two ways of working together in Ibiza from the 3rd to the 7th of November 2025.

A 3-session container for those who are ready to meet their wounds as gateways, to remember the medicine they already carry, and to walk in deeper harmony with their own becoming and a Mesa Reading for those who are seeking answers and wisdom from their Guardians, Ancestors and Guides.

Mesa Reading

A Mesa Reading is a divination practice similar to throwing the bones offering a beautiful opportunity to connect deeply with Spirit, your Guides, and Ancestors, providing clarity, guidance, and insight.

Working with a Mesa reading is a wonderful way to gain insight into the energies influencing your field, how the past is impacting your present, and what potential the future may hold. This is an intimate and sacred process that creates space for reflection and guidance. It can clarify one's path or provide reassurance during times of uncertainty.

The reading takes about two hours and consists of three phases.

First, we examine the influence of past experiences, seeking guidance on how to bring harmony, release past traumas, and better understand them.

Next, we look at the present: what is influencing and affecting you, what can be done to bring more alignment, and which influences and forces you need to be aware of.

Lastly, we look into potential outcomes for the future, including potential issues or opportunities waiting down the road.

This form of divination provides an in-depth guide to the forces at play in your field and can provide clear guidance on how to best work with those forces.

Mesa Reading

3 Session Container

The 3 Session container provides the opportunity for a deeper held journey together. This option is available to those who are ready to unlock and anchor their own inner medicine, with my assistance, into their field.

We begin with the first session in person, opening the door and working with the energy structures and blocks within your field that may be holding you in repeating patterns, ancestral wounds or karmic contracts. By observing these structures and how they are anchored into your field, we can then begin to do the work of clearing them.

The following 2 sessions are held remotely, as I work from the sacred land of the Garden Route in South Africa, supported by the beings and guardians of this land and in communion and guidance with your ancestors and guides, we work on clearing the structures that we observed and connected with in your first session, in essence we then walk through the door that we have opened to access and integrate the medicine that lies waiting for you beyond the wounds.

This is an invitation to those who are ready to invest in their own path beyond the cycles, patterns and attachments to their wounds. My focus is on guiding and deeply holding individuals who are ready to face and work with their pain body, transforming their wounds into resources of power.

Here you can see what others have shared about working with me:

[Testimonials](#)

Mesa Reading

What to Expect:

The reading will take around two hours we will spend this time communicating with the stones and your guides to retrieve as much information as possible.

You are not required to have a specific question or prepare anything prior to the reading, but it does help to take a little time beforehand to feel into what is on your heart and where you would like more clarity.

Cost
€180

[Book Here](#)

3 Session Container

What to Expect:

Session range from 60-90 minutes
In our first session, I will work both through physical touch & energy work on your body to track energy matrices and densities that are present in your field and which may be contributing to repeating patterns, ancestral imprints or core wound structures.

During our in-person session, we will create a small offering to the Elephant Mothers and Guardians of the land, which I will bring back to South Africa with me to offer on your behalf in order to anchor their medicine into your field.

Cost
€450

[Book Here](#)

Email:

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to connect or for further information